

Ongoing Weekly Programs – January & February 2020

Monday 8:30 am-6:00 pm	Tuesday 8:30 am-4:00 pm	Wednesday 8:30 am-4:00 pm	Thursday 8:30 am-4:00 pm	Friday 8:30 am-1:30 pm
9:00 am-5:45 pm Billiards	9:00 am-3:45 pm Billiards	9:00 am-1:30 pm Billiards	9:00 am – 2:00 pm AARP Tax Aide* (Starts 2/6)	9:00 am-10:00 am Gentle Yoga (\$)
9:00 am-9:45 am Zumba Gold (\$)	9:15 am-11:30 am Bridge	9:30 am-11:30 am Cut-Ups Carving Club	9:00 am-3:45 pm Billiards	9:00 am-12:30 pm Wii Bowling
9:00 am-1:00 pm Ellington Chess Mates	10:00 am-10:45 am Chair Exercise (\$)	10:00 am-11:30 am Ellington Singers (\$,*)	9:30 am-11:45 am Sew & So Crafters	9:00 am-1:15 pm Billiards
10:00 am-12:00 pm Canasta	11:00 am-11:45 am Simple Circuit Fitness (\$)	11:00 am – 12:30 pm Maple Street Kitchen TBA (\$)	10:00 am-10:45 am Chair Exercise (\$)	10:30 am-11:15 am Chair Yoga (\$)
11:00 am-12:30 pm Adv. Line Dancing (\$*+)	11:00 am – 12:30 pm Maple Street Kitchen TBA (\$)	1:00 pm-2:00 pm Ladder Ball & Cornhole	11:00 am-11:45 am Simple Circuit Fitness (\$)	5:00 pm-8:00 pm Billiards
1:00pm – 3:00pm Needlecrafts	12:00 pm-1:30 pm Hand Massages*	2:00 pm-3:30 pm Shuffleboard	5:30 pm – 6:30 pm CrosSculpting (\$)	
1:15 pm-3:30 pm Board Games	1:00 pm-3:30 pm Dominoes		We offer rides to Big Y and Stop & Shop on Fridays. Contact Transportation for more info: 860-870-3137. *Limited space. See inside for details. \$ Fee, + See Health, Wellness & Fitness Page for schedule Schedule is subject to change.	
2:00 pm-2:45 pm Tai Chi for Arthritis (\$)	5:30 pm – 6:30 pm CrosSculpting (\$)			
3:00 pm-3:30 pm Meditation	6:00 pm-8:30 pm Setback			
3:30 pm-4:45 pm Easy Line Dancing				

OUR VOLUNTEER PROGRAM LEADERS

Thanks to our “Volunteer Program Leaders” (VPLs), we are able to offer many programs at little or no cost. If you have any questions on a specific program, please feel free to stop in during the scheduled program time to speak with them, or visit our website: <http://seniorcenter.ellington-ct.gov>

Ballroom Dancing/Easy Line Dancing: Amelia Kurpat
 Board Games: Janet Sosnicki, Toni Finkle
 Bridge: Riffat Zulfiquar, Rich Gillogly
 Canasta: Kathi Peterson
 Cornhole/Ladderball: Toni Finkle, Janet Sosnicki
 Creative Writing & More: Pat Stoughton
 Ellington Chess Mates: Alex Cardoni
 Cut Ups Carving Club: Randy Russo, Ed Ertel
 Dominoes: Dave and Mary MacDaid

Ellington Singers: Mary Regan, Maureen Webber
 Garden Thyme: Janice Chaplin, Leslie Suitor
 Hand Massages: Kay Luginbuhl
 Needle Crafts: Carolyn Feldman
 Setback: Dave Lehmann, Claudia Pirtel
 Shuffleboard: Shirley Pinard
 Sew & So Crafters: Judy Varney
 Wii Bowling: Dennis Varney, Larry Peterson

Ellington Senior Center Special Events JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Please sign up in advance for these programs.</p>	<p><u>Winter Weather Reminder:</u></p> <p><i>If Ellington Schools are closed or delayed, so is the Senior Center</i></p>	 <p>1</p>	<p>2</p> <p>AARP Sign up begins for Residents</p>	<p>3</p>
<p>6</p>	<p>7</p> <p>10am-12pm Acrylics & Canvas</p> <p>1pm TED Talk</p>	<p>8</p> <p>9am-3pm Podiatry Clinic (\$,**)</p>	<p>9</p> <p>(Make up snow date for Acrylics & Canvas 1/7)</p>	<p>10</p>
<p>13</p>	<p>14</p> <p>12:30pm – 2:00 pm Ask the Nurse</p> <p>1pm TED Talk</p>	<p>15</p> <p>1pm History for Fun: The Wright Brothers ***</p>	<p>16</p> <p>1pm Creative Writing & More</p>	<p>17</p>
 <p>20</p>	<p>21</p> <p>10am-12pm Acrylics & Canvas</p> <p>1pm TED Talk</p>	<p>22</p>	<p>23</p> <p>AARP Sign up begins for Non-Residents</p>	<p>24</p>
<p>27</p>	<p>28</p> <p>1pm TED Talk</p>	<p>29</p> <p>10am-1pm Human Service Office Hours with Rebecca</p>	<p>30</p>	<p>31</p>

Ellington Senior Center Special Events FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	10am Acrylics & Canvas** 1pm TED Talk	9am-3pm Podiatry Clinic (\$,**)	AARP Tax Aide Begins (Thursdays, 2/6-4/16)** 2:45pm Monthly Music EHS** (Make up snow date for Acrylics & Canvas 2/4)	
10	11	12	13	14
	12:30pm – 2:00 pm Ask the Nurse 1pm TED Talk			
17	18	19	20	21
	10am Acrylics & Canvas**	1pm History for Fun: Levi Strauss **	1pm Creative Writing & More (Make up snow date for Acrylics & Canvas 2/18)	
24	25	26	27	28
	1pm TED Talk	10am-1pm Human Service Office Hours w/ Rebecca		
<u>Winter Weather Reminder:</u> <i>If Ellington Schools are closed or delayed, so is the Senior Center</i>			Maple Street Café will be re-opening this month. Check the Info Center for Updates	** Please sign up in advance for these programs.